

HOW TO GET ON THE RIGHT ROAD.

Quick! How do I talk to my doctor?



- > Please give me some general information, such as a brochure, about menopause.
- > How can I prepare for “the change”?
- > Can I handle menopause naturally, or do I need to consider estrogen replacement therapy or alternatives?

> What are the risks of any medication?

> I’ve heard of a bone density test. Do I need one?

How much does it cost? Is it covered by insurance?

SOME OTHER RISKS:

- > A family history of osteoporosis
- > A previous broken bone that might have been caused by osteoporosis
- > Being thin or small-boned
- > Use of certain medications
- > Smoking
- > Drinking too much alcohol
- > Not getting enough exercise
- > Not getting enough calcium or vitamin D throughout life

WHAT WOMEN ARE SAYING...

“What’s good about being over 40? Not being tied down.”

“I think there is peace of mind with getting older.”

“I was very sedentary. I found that I was getting so stiff. I was only 43 then. So I started exercising.”

“I learned a long time ago to take care of myself—diet, exercise and calcium.”

NOW THAT YOU’RE ON THE ROAD TO KEEPING YOUR BONES STRONG, TELL A FRIEND.

Now that you’ve got the latest and best information about keeping healthy, we hope you’ll make good choices so you can get on down the road. And since you’re bound to have some buddies, please pass the information along and talk about it with friends.

Want more tips on staying young, eating right and making all the right moves as you mature? Call the Texas Department of Health at **1-800-242-3399** or check our website at www.tdh@state.tx.us

WANT TO DANCE?

DANCING IS A GREAT WAY TO DO “WEIGHT-BEARING” EXERCISE. AND HERE ARE A FEW RECOMMENDATIONS FROM A TEXAS LADY TO GET YOU MOVING.

R-E-S-P-E-C-T
ARETHA FRANKLIN

WHIP IT
DEVO

BETTER BE GOOD TO ME
TINA TURNER

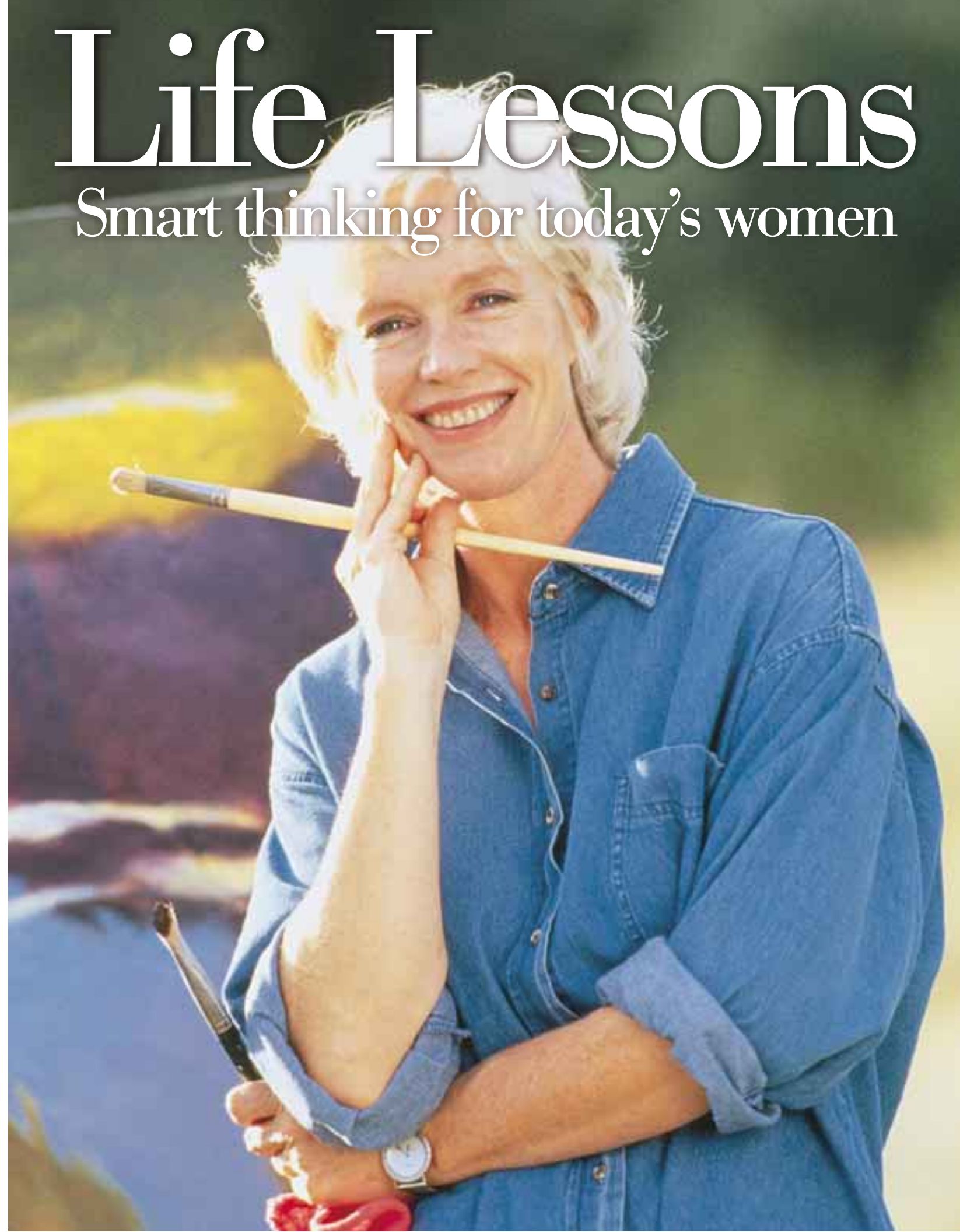
BRICK HOUSE
THE COMMODORES

TELL IT TO MY HEART
TAYLOR DAYNE

ANY MAN OF MINE
SHANIA TWAIN

Life Lessons

Smart thinking for today’s women



10-74-3-99

The second part of your life is yours for the taking.

YOU'VE HIT YOUR STRIDE, AND YOU'RE NOT SLOWING DOWN.

If you're like most women between 45 and 55, you're probably busier than ever before. You've got a few things behind you and a lot of things ahead of you that you want to do and experience.

You want to come on strong in the second half of your life. And be strong for your family, your friends—but most of all, for yourself.

"I think there is a peace of mind with getting older. I have a few things figured out and am comfortable with my view of the world."

But there's an important danger lurking around that curve. It's something that can rob you of your looks, your strength and your freedom. That's why you need to help prevent it.

What does osteoporosis have to do with me?

Osteoporosis is a disease that gradually weakens bones, so they become more and more fragile and likely to break.

The risk starts when women are in their 30's. That's when we start losing bone mass. As we enter "the change of life," the risk

becomes greater. Menopause in some women may trigger increased bone loss because our bodies produce less estrogen. Estrogen plays an important role in bone strength. When estrogen levels drop, bone is lost faster. In many women, this bone loss

may be severe enough to make bones weak and fragile. **And it is more common in some groups, such as Caucasian women.** But this condition is not a natural part of aging. You can help prevent it.



YOU WANT ME TO DO WHAT?

It doesn't take much time to keep your bones strong. But it does take a lifelong commitment.

Key elements include a balanced diet rich in calcium and vitamin D (the sunshine vitamin),

a regular program of weight-bearing exercise and, in some cases, medication.

> **MAKE** sure you're consuming 1,000 mg. of calcium a day before menopause.

After menopause or after a hysterectomy, a woman should consume 1,500 mg. of calcium a day from her diet or supplements. (Calcium levels: 1 cup skim milk-302 mg.; 1 cup yogurt-415 mg.; 1/2 cup tofu-434 mg.; 1 cup broccoli-136 mg.)

> **GET** enough vitamin D (400-600 IU), which helps your body use calcium.

Taking multivitamins, being in the sun about 5 to 15 minutes a week or drinking vitamin D fortified milk will provide enough vitamin D.

> **DO** weight-bearing exercise such as jogging, walking, dancing and gardening for 30-40 minutes at least three times a week.

> **DON'T** smoke. Limit use of alcohol and caffeine because they take away calcium from your bones.

> **CHECK** with your doctor about estrogen replacement therapy or alternatives.

A grim fact:

A woman over 50 has a greater risk of dying from complications due to a hip fracture than from breast cancer. Half the people who suffer a hip fracture will never return to full mobility.

SUPPORT YOUR LOCAL JOINT

Start now to work on strengthening the areas in your body that are most likely to be injured.



HIP CIRCLES: The hip joint is one of the most frequently injured areas of the body as we get older. To strengthen yours, grab the back of a chair, extend your leg from your body and start making circles, as big as possible. Your toes should be pointing inward. If you can, work up to 50.

Calcium doesn't have to go "moo."

You can get a lot of great calcium in the foods you eat. Some great sources of calcium are calcium-fortified orange juice, tofu and soy products, oatmeal, beans, salmon and waffles. (Calcium can go "moo" too... like cheese, low-fat yogurt, skim milk and ice cream.)

